



# Almond Flour Pancakes

**PREP TIME**

25 min

**TOTAL TIME**

25 min

**Nutrition Information Per Serving**

Makes 3 servings

**FAT**

38g

**PROTEIN**

12g

**CARBS**

9g

**CALORIES**

410

*Note: nutrition information will vary based on choice of sweetener.*

**Ingredients**

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1 cup almond flour

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2 large eggs

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1 tsp baking powder

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2 Tbsp canola oil

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¼ tsp salt

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½ tsp sucralose (or sweetener of choice)

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⅓ cup water

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Butter or oil for frying

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## **Instructions**

1. Mix almond flour, baking powder, salt, and sweetener of choice in a bowl.
2. In separate bowl, beat eggs. Then add oil and water, and whisk together.
3. Pour wet ingredients into the bowl of dry ingredients. Mix or beat until the batter is smooth in consistency. If the batter is too thick, add a little water.
4. Heat butter or oil in a skillet over medium heat.
5. Drop batter by large spoonfuls, and cook until bubbles form and the edges are dry. Flip and cook until browned.

*Adapted from <http://lowcarbyum.com/gluten-free-almond-flour-pancakes/>*